

## HOME, ITS PROBLEMS AND INTERESTS



## WHITE LINEN AND EMBROIDERY.

Princess gowns are in high favor for summer frocks, and in linen they are especially stunning. In above cut, the model is of heavy white linen, with a deep V and sleeves of all-over rich embroidery; the cuff is of same edged with a narrow ruffle of embroidery. At waistline the fullness is confined in a fitted article which is sewed to the gown all around, but does not meet in front; each side is fastened with two large pearl buttons. An effective touch is given by black velvet bows at neck and on sleeve.

## THE ADVANTAGES OF HARD LUCK

Ordinary hard luck never ruins anyone. It puts them in a mood to learn a thing or two.

Prosperity is an ambition-killer. We learn so very much while we are receiving hard knocks from adversity that it has compensations of which we seldom think.

Everything is stupid, monotonous, and hard luck if you think it so.

But if you put the very best of yourself into your work, and are determined to grow more proficient every day, you will be surprised to find how conditions will change for the better.

Success is often the result of indomitable will and tremendous courage. To make a mistake and then to wall about it and your hard luck is to make two.

Everybody makes mistakes. With some it is a regular occupation—that of doing the wrong thing and then howling about it.

It is only by benefiting by your errors that you can expect to make progress.

The world isn't as busy minding the business of individuals as we think, and while it may chatter a little, it is quick to forget and ever ready to help us along if we are trying to succeed.

Think it over. Don't find too much fault with this world. If you do you may be sure that heaven itself will not be built entirely to your liking.

Discontent and worry blot out all the sweetness of yesterday, darkens our tomorrow and makes today a howling wilderness.

Smiles lead you back to your youth; tears drag you toward old age.

It takes no more time to laugh than to weep—and besides, the tears of happiness get out of it all. Only those precious smiles who are incapable of foresight will indulge in foreboding.

No sense at all in coloring to your troubles. Let them get away from you once and awhile.

So far as real happiness goes, you will find that the really sweet moments of life were not those which money and success brought you; they were the hours of companionship with some dear friend or the doing of some good piece of work or a helpful deed.

People often speak of their talents not being appreciated.

A talent is next to worthless unless one has the ability to get down to hard, plain, everyday grind.

The painter, the singer, the writer, the merchant, the stock broker, must study and toil, else they will ever stand still in the ranks of mediocrity.

Here is where the hard luck victim should set his thoughts to work. Should make himself feel the advantages instead of the disadvantages he is laboring under.

Very few persons with an established income can really get down to good, hard, plain, everyday work. The answer is easy, they don't feel the necessity of it.

Any talent should be cultivated. To neglect this is like having the gift of a plant that gives promise of gorgeous and fragrant bloom and throwing it aside.

But one must not imagine that the road will be easy, or that good luck will immediately furnish them with an auto, so that they can get over the racks more quickly.

They will have to plod for a time pushing their own burden before they can even begin to enjoy the fruits of success. Even beauty, the seductive noble purpose. They help to keep one from becoming too vain of their own love-ness.

Work and activity are sure cures for "hard luck" people.

To sit around and brood over lost opportunities would make a cricket forget how to chirp.

Any way this is a dandy good time for reflection. The trees are bushing out their buds, and the flowers one by one are poking out their noses and sniffing the air.

It is all a beautiful lesson of hope and courage and good will.

Because we happen to know this

## TO PREVENT ODORS

From Cooking That Are Disagreeable. One of the things that housewives have to contend with, particularly those who live in apartments, are the odors that will penetrate from the kitchen into the other part of the house even when observing the utmost care.

Much of this sort of thing can be avoided if proper precaution is taken. For instance, with some vegetables such as turnip, onions, cabbage, and the sort whose odors are strong, there is one precaution that can be taken, and that is to soak them for several hours before they are put on the fire, in weak, cold salt water, when much of the essential oils will be thrown off, rising to the surface in a sort of scum. Allow vegetables to come to a boil in the salt water, then skim very clean. A dash of cold water will throw up another scum, and this can be taken off as the other. Cook all such vegetables uncovered, as the lid has the tendency to strengthen the odor tenfold.

Bread crust dropped into the water just as it comes to a boil and left for about ten minutes is also said to gather up much of the oil. If cauliflower is not quite fresh, the odor will be very strong. Before soaking scald in a weak salt water, boiling hot, which will tend to remove much of the odor.

Another cause of odors is stale grease that has been left on the stove from previous cooking. This is most offensive but can easily be guarded against by having the stove cleaned after each meal. Vessels that have been used for cooking strong vegetables should be left to soak in soda water until the time comes for washing. This will obviate the difficulty. Another simple expedient is to burn quickly a bit of newspaper, straw or excelsior which, with the windows open, will drive out any disagreeable odors.

## People Who Live Longest.

Certain physical characteristics are usually associated with longevity. Perhaps the most noticeable of these is carriage. Ninety-nine out of a hundred people have curvature of the spine. The octogenarian is the hundredth man. His spine is a straight line, his head erect, his chest broad and deep. This means that the vital organs are properly supported by the attachments provided by nature and that they do not rest upon a crooked and crowded couch. The heart, lungs, stomach, liver, and kidneys are thus enabled to do their work unimpeded. Another characteristic of the long-lived is slow, deep respiration. The oxygen is real food, for only the matter oxidized in the system becomes waste. Mental quietude is essential to proper breathing. The excited person, the emotional individual, who suffices with joy, palpitate with enthusiasm, chokes with rage, gasps in astonishment, sighs from the intensity of his attachment, or weeps from the intensity of his grief, the emotional individual by every life in his respiration abbreviates his life.

Another physical characteristic is ease and repose of movement. The old person—the hale, vigorous, healthy old man—moves easily, lightly, silently. He has always moved that way.

A fourth peculiarity of those who live long is the inviolability of their nerves. Gormandisees and young. The octogenarian is always frugal.

## Fashions in Millinery.

Fashion in hats has taken a new turn, as far as materials are concerned, or, perhaps, to be more accurate, one should say that the millinery world has been invaded by new applicants for smart favor, for the embroidered laces figuring so prominently in the construction of picturesque hats are but copies of things used upon elegant gowns. A change in the material of hats, which have been of velvet, ribbon, under which the guipures, designs are boldly worked out with silver threads. The low crown is finished with a peacock's tail of velvet ribbon, under which is concealed the end of a willow ostrich plume.

The demand for embroidered laces in millinery really grew out of the vogue for embroidered lingerie hats, which, though admirable for the purpose, were not adequate for the requirements of more elaborate dresses of silk and satiny materials. The correct finish for the border of the hat is a rushing or lace or chiffon, but if heavy embroidered linen is used the edge is button-holed.

At all-white or all-black hat should be included in every summer wardrobe, for nothing is more becoming than a hat of these colors. Another reason for this popularity, one of great interest to her of economic tastes, and that is both white and black hats accommodate themselves to any touch of color one might wish to add to make them more appropriate for wear with certain frocks.

## Fashions in Stationery.

The latest notion is to, within the envelope a second colored one. These linings are of red or a soft shade of turquoise blue or of violet, and show through the paper just enough to hint at the color inside without seeming bizarre, as strong colors used with stationery usually do.

There is no color about the paper itself. It is only the envelope which needs to be made opaque, and these color linings accomplish the purpose successfully.

The quaintest thing about some of them is the way the inner envelope slips in and out of place, while others have the lining made up with the outside color perhaps showing like a piping where the edges lap. A little arrangement at one corner—an extension of the same color as the lining—is for the purpose of tearing the envelopes open quickly.

New monograms are smaller, the newest, most popular of all, being a heavy circle—hardly bigger round than the usual pencil is—with the initials heavily done in silver, brooch, stamped, where there are only two, one upon the other, both of them stretching out to touch the circle on each side.



## HAND-EMBROIDERED LINGERIE WAISTS.

No woman will consider her wardrobe complete this summer unless it be supplied with several sheer lingerie waists. The fact that they are "quite the thing" and "very expensive" only tend to increase their popularity. If handy with the needle, a woman can make the one illustrated at very little expense. This is one of the embroidered waist patterns which are being carried by all up-to-date stores. The front is plain, and the back, where the waist closes, has a flap extending from the neck to the waist stitched on either side to give a finish. The sleeves are elbow length and fitted into an embroidered band. The collar is made of the same embroidery, having featherbone val at the sides and back to keep it in shape, and topped with a ruffle of fine Valenciennes lace. These waists are usually made of fine handkerchief linen, and plain materials may be selected, and can be embroidered at home if one desires.

## MASSAGE THE BEST RESTORER OF WOMEN'S COMPLEXIONS

Massage of the proper sort is without doubt one of the best beautifiers and rejuvenators, but the difficulty is to get the work done by a scientific masseuse, one who is known to hold a diploma from an established school, for more harm can be done a woman's face and skin by unskilled hands than she can overcome during all the years of her natural life.

But guarding against the untrained masseuse, youth and beauty follow massage. Lines just forming are rubbed away, set expressions changed, and the skin freshened and made plump and rosy. And while women may not understand the science of the movements, the method is one that can be followed at home.

That followed by one of the cleverest masseuses in the city, who devotes her time to making the society women beautiful, introduces, besides the massage, many rare Eastern oils and creams, lotions, and skin tonics, the ingredients of which she naturally won't give to the public. But the method she follows can be undertaken by anyone. First of all she takes a handful of almond meal, which is well moistened, and with it fairly scrubs the face, removing every particle of dirt and soot that may have accumulated through the day.

## Almond Meal Best Cleanser.

Some women who consider themselves as clean as soap and water can make them would be horrified if they could see the amount of dirt that exudes from the pores after this operation. When the skin is thoroughly cleansed with the meal, it is wiped dry and rubbed thoroughly with some good flesh food. Here comes in the scientific part of the massage, for with skilled fingers the masseuse rubs and beats the skin, always with an upward movement. Particular attention is given to the lines between the eyes. With both fingers, pressed against the sides of the nose, the flesh of that portion of the face is massaged deeply. From the point of the chin the flesh is worked up to the ears, and

beneath the chin it is manipulated down over the chest, while in another movement the hands are pressed tightly against the jugular vein and then released. This gives new life and fresh force to the blood.

After about ten minutes' massage the cream is well wiped off and the patient is placed before an atomizer of much the same sort as is used in hospitals for throat diseases, although in this case the instrument for facial treatment only came from Sweden. With the head well covered, the face gets a thorough steaming and rejuvenating, for there are tonic properties in the steam. When once the perspiration has started the patient is taken back to the reclining chair. The face is gently dried and more skin and flesh food is applied. Before this, however, the masseuse goes over the skin with a soft cloth, pressing out any blackheads or pimples.

## Tones Up Society Women.

Then the cream is well massaged in, the massage working for about ten minutes. This is wiped off and another cream is rubbed lightly onto the hands of the operator and applied to the face. With another soft cloth any that remains is wiped away and a dry massage given for a minute. One of the most refreshing applications is the one that follows, when a jelly is applied and rubbed into the skin until not a vestige of perspiration remains. The jelly is then removed and the patient emerges feeling made over.

Very frequently society women who have been up night after night to dinners and theaters come to be freshened up in this way before accepting another invitation for the wear and tear of the night. The massage is sufficient to break down those who aren't able to spend time and money on building themselves up for the fray again. One of the valuable plans, from a hygienic standpoint, in use by the best operators is to use soft linen cloth for wiping and drying the skin, and then throwing it away, once it has been used, so that there is no danger from contagion of any sort.

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